

# Understanding Your Diabetes Medicines

## DRUG CLASS: Sulfonylureas



### BRAND Name

Amaryl  
DiaBeta  
Glucotrol  
Glucotrol XL  
Glynase PresTabs

### GENERIC NAME

Glimepiride  
Glyburide  
Glipizide  
Glipizide  
Glyburide

### HOW DOES IT WORK?

Helps your pancreas release more insulin and helps your body use the insulin it makes. Increases insulin levels for several hours.

### WHEN DO YOU TAKE THIS MEDICINE?

Take once or twice a day 30 minutes **before** a meal.

EXCEPTION: Glucotrol XL needs to be taken with a meal, preferably breakfast.

### POSSIBLE SIDE EFFECTS:

- Low blood sugar
- Weight gain
- Sun sensitivity
- Upset stomach



### SPECIAL TIPS:

- Should carry emergency food with you and use Rule of 15 to treat your low.
- Do not skip or delay meals.
- Do not take if you have liver or kidney problems or sulfa drug allergies.
- Not all of these medicines work the same.
- Avoid alcohol.
- If you have a sulfa allergy, you may still be able to take if needed. Talk with your health care provider.
- Glyburide most likely to cause a low blood sugar reaction.



## Understanding Your Diabetes Medicines

**DRUG CLASS:** Insulin Sensitizers-Thiazolidinedione's (TZD'S)

### BRAND NAME

Avandia  
Actos

### GENERIC NAME

Rosiglitazone  
Pioglitazone

### HOW DOES IT WORK?

Works in the body's cells and decreases insulin resistance so the body's own insulin can work better. Generally takes 4 weeks or more to become effective.

### WHEN DO YOU TAKE THIS MEDICINE?

Take once or twice a day with or without meals. Take a missed dose as soon as you remember. Skip the missed dose if it is almost time for your next dose. *Do not* take extra medicine to make up for the missed dose.



### POSSIBLE SIDE EFFECTS:

- Can make your birth control pills **less effective** in preventing pregnancy
- Pain--Back or muscle
- Weight gain
- Fluid retention (swelling)
- Can make congestive heart failure worse
- May be more likely to break a bone



### LIFE THREATENING

- Chest pain and shortness of breath even with mild exertion
- Nausea, upper stomach pain, itching, loss of appetite, dark urine, clay-colored stools, jaundice (yellowing of the skin or eyes)



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## SPECIAL TIPS:

- Use with caution in people with liver and heart disease, extreme caution with heart failure
- Rarely causes low blood sugar
- Liver test should be done before starting the medicine and regularly thereafter.
- **Black Box Warning:** May cause or worsen Congestive Heart Failure. Monitor fluid retention.
- **Special Warning:** Actos may increase risk of bladder cancer. Talk with your health care provider or pharmacist.



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## Understanding Your Diabetes Medicines

### DRUG CLASS: Alpha-Glucosidase Inhibitors

<u>Brand NAME</u>	<u>Generic Name</u>
Precose	Acarbose
Glyset	Miglitol



### HOW DOES IT WORK?

- Slows down the breakdown of carbohydrates in the intestines (gut).
- This helps slow down the rise in blood sugar after a meal.

### WHEN DO YOU TAKE THIS MEDICINE?

- With the FIRST BITE of food at each main meal.

### COMMON SIDE EFFECTS:

- Gas, bloating, belly pain, diarrhea
  - Sometimes a lower dose and increasing the dose slowly will help decrease gas.
  - These side effects may decrease over time.
- Does not cause low blood sugar if taken alone. If on another oral diabetes medicine or insulin this may increase risk of a low blood sugar.

### SPECIAL TIPS:

- Because they slow down the absorption of carbohydrates, if treating a low blood sugar, pure glucose like gel or tablets work best
- Taken medication with FIRST BITE of food for each main meal.
- Take with a full glass of water (Glyset).
- If you skip a meal, skip the medication.
- Low blood sugar must be treated with glucose tables, gel or milk.
- Not recommended for people with any kind of bowel problems like ulcerative colitis or diverticulitis.



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## Understanding Your Diabetes Medicines

**DRUG CLASS:** Amylin Mimetic

### BRAND NAME

Symlin

### GENERIC NAME

Pramlintide



### **HOW DOES IT WORK?**

Symlin works by slowing down food digestion. This helps the blood sugar rise more slowly after eating. It may also help you feel full faster. Using Symlin does not replace your daily insulin but the insulin dose will need to be lowered.

### **WHEN DO YOU TAKE THIS MEDICINE?**

Symlin is taken prior to mealtime containing at least 250 calories or 30 grams of carbohydrate.

### **POSSIBLE SIDE EFFECTS:**

- Nausea
- Dizziness
- Weight loss
- Decreased appetite
- Hypoglycemia--Insulin working in the body may make the blood sugar go too low

### **SPECIAL TIPS:**

- Special Warning: Severe hypoglycemic risk 3 hours after Symlin shot.
- Tell your doctor if you have stomach problems or if you cannot tell when your blood sugar is running low.
- Talk to your health care provider about other medicines you take and how Symlin may affect how they are absorbed in your body.
- Never mix insulin and Symlin together in the same syringe.
- Inject at least two inches away from insulin injection site before mealtime.



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- Avoid alcohol.
- Symlin should only be used by people with type 1 or type 2 diabetes

**who:**

- Already use their insulin as prescribed, but still need better blood sugar control
- Will follow their doctor's instruction exactly
- Will follow up with their doctor often
- Will test their blood sugar levels before and after every meal and at bedtime, especially when adjusting doses
- Do not use arms for injections, use stomach or upper thighs.



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# Understanding Your Diabetes Medicines

**DRUG CLASS:** Biguanides

## BRAND NAME

Glucophage  
Glucophage XR  
Riomet (liquid)  
Fortamet  
Glumetza

## Generic Name

Metformin



## **HOW DOES IT WORK?**

- Helps lower blood sugar by decreasing the amount of glucose made by the liver.
- Helps make the cells in the body be more sensitive to insulin so the sugar can be absorbed.

## **WHEN DO YOU TAKE THIS MEDICINE?**

- With meals unless your health care provider tells you otherwise.

## **POSSIBLE SIDE EFFECTS:**

- Nausea
- Diarrhea
- Stomach upset (Can lessen after a few weeks of taking medicine)
- Metallic taste in mouth.
- Rarely causes low blood sugar (hypoglycemia) when used alone.



## **SPECIAL TIPS:**

- May cause a slight decrease in weight and blood lipids.
- If you are having medical test with dyes (contrast drugs) or having surgery, tell your health care provider you are on Metformin.
- Do not use if you drink alcohol.
- Do not take if you have liver or kidney problems.
- Long-term use may result in Vitamin B12 deficiency. Confusion may be seen and might need to take a supplement.
- May be started on a lower dose and increased to higher dose.



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## Understanding Your Diabetes Medicines

**DRUG CLASS:** Bile Acid Sequestrants

**BRAND NAME**

Welchol

**GENERIC NAME**

Colesevelam



### **HOW DOES IT WORK?**

Works in the intestines (gut). It is not yet known exactly how it helps to control blood sugar only that it works in the intestines. It is thought that it may decrease the amount of new sugar made by the liver and may increase the gut hormones that help with blood sugar control.

### **WHEN DO YOU TAKE THIS MEDICINE?**

Take this medicine with a meal and a full glass of water. The amount to take is determined by the healthcare provider. It can be up to 6 tablets at a time. How often the medicine is taken is determined by the healthcare provider, can be once or twice a day.

### **POSSIBLE SIDE EFFECTS:**

- Constipation
- Nausea, upset stomach, gas, indigestion
- Feeling weak or tired
- Muscle weakness
- Runny nose, sore throat



### **SPECIAL TIPS:**

- Avoid foods high in fat or cholesterol.
- Do not take other medications 4 hours before or after taking this medication.
- Stop the medication if you have severe constipation or stomach pain.
- Tell your healthcare provider if you have trouble swallowing, medication can be given in liquid form.



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## Understanding Your Diabetes Medicines

**DRUG CLASS:** Dopamine Agonist

**BRAND NAME**

Cycloset

**GENERIC NAME**

Bromocriptine Mesylate



### **HOW DOES IT WORK?**

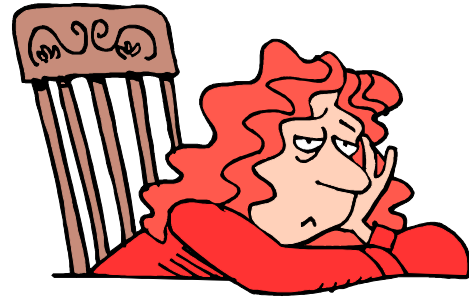
- Helps control metabolism (processes in the body needed to maintain life, how quickly calories and fat are burned).
- Improves insulin sensitivity (how well the body uses the insulin it makes).

### **WHEN DO YOU TAKE THIS MEDICINE?**

Take once daily, needs to be taken first thing in the morning, within 2 hours of waking. Take medication with food to decrease side effects.

### **POSSIBLE SIDE EFFECTS:**

- Low blood pressure, low blood sugar
- Nausea, vomiting, constipation
- Headache, fatigue, weakness
- Seasonal allergy-like symptoms
- May interfere with mental health medications



### **SPECIAL TIPS:**

- Slowly increase dose to decrease side effects.
- Tell your doctor if you have migraine headaches or take medicines for migraines.
- Tell your doctor if you have or have had a mental health condition, especially a mood disorder, or if you are on medication for this.
- Use cautiously with impulse control diseases.
- Tell your health care provider if plan to become pregnant.
- Use cautiously if you have heart disease.
- Only small decrease in A1C levels.



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# Understanding Your Diabetes Medicines

## **DRUG CLASS:** DPP-4 Inhibitors



### **BRAND NAME**

Januvia  
Onglyza  
Tadjenta  
Nesina

### **GENERIC NAME**

Sitagliptin  
Saxagliptin  
Linagliptin  
Alogliptin

## **HOW DOES IT WORK?**

- Increases insulin release in response to increases in blood sugar.
- Decreases the amount of new sugar made by the liver.

## **WHEN DO YOU TAKE THIS MEDICINE?**

Once daily oral medication. Do not have to take at meal time. Usually well tolerated.

## **POSSIBLE SIDE EFFECTS:**

- Cough
- Runny nose, sore throat, cold symptoms
- Headache
- Swelling of arms and legs
- Increased triglyceride levels (Tadjenta (linagliptin) only)
- Arthritis like pain, back pain (Tadjenta (linagliptin) only)
- Diarrhea, constipation or nausea

## **SPECIAL TIPS:**

- If taking Sitagliptin or Saxagliptin, adjustments of dose may be needed if you have a history of kidney or liver disease.
- Does not cause low blood sugar when used alone. Blood sugar can go low if using with another medicine that causes low blood sugar.
- Cases of pancreatitis have been observed.
- Saxagliptin (Onglyza) and Alogliptin (Nesina) can increase risk of heart failure. Contact your health care provider for shortness of breath, edema or weakness.



## Understanding Your Diabetes Medicines

**DRUG CLASS:** Incretin Mimetics (GLP-1 Receptor agonists)

### BRAND NAME

Byetta  
Bydureon  
Victoza  
Trulicity  
Adlyxin  
Ozempic  
Rybelsus

### GENERIC NAME

Exenatide  
Exenatide XR  
Liraglutide  
Dulaglutide  
Lixisenatide  
Semaglutide  
Semaglutide (Pill taken by mouth)



### HOW DOES IT WORK?

These are not insulin but they are injected. Triggers insulin release after a meal, but only when blood glucose is high. Decreases glucagon, slows stomach emptying- feel fuller.

### Injected Incretin Mimetics:

- Byetta (Exenatide) is injected 2 times a day, any time within 60 minutes (1 hour) before your morning and evening meals (or before your 2 main meals of the day), 6 or more hours apart. Do not take after a meal.
- Adlyxin (Lixisenatide) is injected 1 time a day within 60 minutes (1 hour) before the first meal of the day and at the same time each day. If a dose is missed, take within 1 hour before your next meal.
- Victoza (Liraglutide) may be given at any time, once daily, with or without food.
- Bydureon (Exenatide XR), Trulicity (Dulaglutide) injected weekly, with or without food. Ask for training from a pharmacist or diabetes educator on how to take.



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## POSSIBLE SIDE EFFECTS

- Nausea, vomiting, diarrhea
- Headache
- Injection site reactions or hard spots possible
- Weight loss



## Rybelsus:

- Taken by mouth
- Use with caution if history of pancreatitis, diabetic retinopathy, acute kidney injury
- Increased risk of hypoglycemia when used in combination with sulfonylureas or insulin

## SPECIAL TIPS:

- Very important to make sure you are taking this medicine correctly. Ask your pharmacist for help.
- Take oral antibiotics and contraceptives one hour prior to Byetta.
- Consult with your doctor if you have a history of thyroid cancer, pancreatitis or gastroparesis (stomach problems).
- Potential for improved insulin functioning.
- Monitor for kidney function when taking this drug.
- Long term safety unknown at this time.
- Byetta (Exenatide) may increase bleeding if on Coumadin (Warfarin). Need to monitor.
- Injections ONLY in upper arm, thigh or abdomen.
- Can store at room temperature for up to 4 weeks.
- Use Bydureon immediately after mixing.
- Change needle with each dose.
- If on other diabetes medications, your risk for lows may increase.
- **Black Box:** Thyroid C-cell tumor warning for Liraglutide, Exenatide XR, Dulaglutide and Rybelsus (avoid if family history of medullary thyroid cancer, notify MD of hoarseness, throat lump).



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# Understanding Your Diabetes Medicines

## DRUG CLASS: Insulins

### Rapid Acting

Aspart (Fiasp)  
Aspart (Novolog)  
Lispro (Humalog), Admelog  
Glulisine (Apidra)

### Short Acting

Humulin R  
Regular (R)  
Novolin R

### Intermediate

NPH (N)  
Humulin N  
Novolin N

### Long Acting

Detemir (Levemir)  
Glargine (Lantus/Basaglar)  
Degludec (Tresiba)  
Toujeo

### Intermediate + Short Combo of NPH + R

70/30=70% NPH+30% R  
50/50= 50% NPH+50% R

### Intermediate + Rapid

Novolog® Mix 70/30  
Humalog® Mix 75/25  
Humalog® Mix 50/50  
Ryzodeg Mix 70/30 (degludec/aspart)

### Inhaled Insulin

Afrezza  
  
(Lung function must be  
assessed)

### Concentrated Insulin

Humulin Regular U-500 500 units insulin/ml  
Humalog Kwik Pen U-200, 200 units insulin/ml  
Toujeo Solostar Pen U-300, 300 units insulin/ml  
Tresiba Flex Touch Pen U-200, 200 units  
insulin/ml  
(All concentrated insulin pens and U-500 syringes  
automatically deliver correct doses. No conversion,  
calculation or adjustment required)

### Insulin/Injectable Combos

Glargine (Lantus) + Lixisenatide (Adlyxin) = IGLarLixi (Soliqua)  
Degludec (IDegor Tresiba) =Liraglutide (Victoza) = IDegLira (Xultophy)

**HOW DOES IT WORK?** Insulin is a hormone released by the pancreas that lowers and helps keep the level of sugar in the blood steady. When your body does not make enough, you may need to take insulin. Needing to take insulin does not mean you have failed, but often insulin is needed to help you reach your target A1C range! There are different ways to take insulin, but most often it is by injection using a syringe or an insulin pen.



**WHEN DO YOU TAKE THIS MEDICINE?** Your health care provider should tell you when you need to take your insulin. Your plan for when to take your insulin will depend on your daily routine and the type of insulin you take. **Be sure to talk with your health care provider on what to do if you miss taking a dose of your insulin.**



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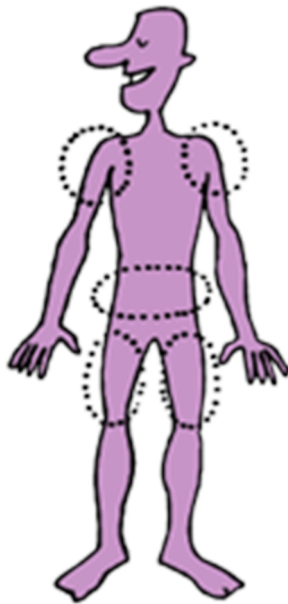
## COMMON SIDE EFFECTS:

- Possible low blood sugar (hypoglycemia).
- Possible general weight gain which may be due to more efficient use of calories during insulin therapy.
- Possible discomfort at injection site due to technique or using cold insulin.



## SPECIAL TIPS:

- Monitor your blood sugar as requested by your health care provider if blood sugar levels are staying higher or lower than your goal, let your health care provider know.
- Check with your pharmacist on best storage options for your insulin.
- The insulin you are using should be kept at room temperature. Do not use insulin that has expired. Most insulin (vial or pen) lasts for 30 days.
- Check with your pharmacist/health care provider for correct way to use insulin pens.
- Be sure to dispose of your insulin needles in a number two plastic container.
- Insulin can be given in several different areas of your body.
- Check with your pharmacist/health care provider/diabetes educator for the best place to give your insulin.



Places you can give your insulin

## Understanding Your Diabetes Medicines

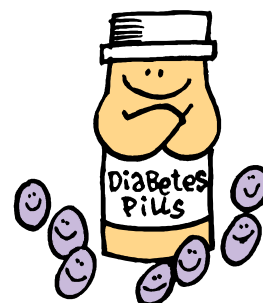
**DRUG CLASS:** Meglitinides

### BRAND Name

Prandin  
Starlix

### GENERIC NAME

Repaglinide  
Nateglinide

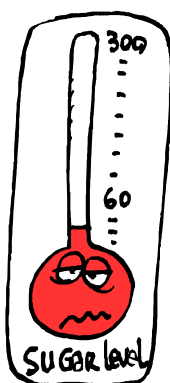


## HOW DOES IT WORK?

Helps your pancreas release more insulin right at THE START OF A MEAL. Helps lower blood sugar at meal times.

## WHEN DO YOU TAKE THIS MEDICINE?

Take no more than 30 minutes BEFORE main meals.



## POSSIBLE SIDE EFFECTS

- Low blood sugar
- May cause less weight gain than sulfonylureas.
- May cause headaches and mild stomach side effects during first weeks of therapy.



## SPECIAL TIPS:

- **Must use glucose tabs or gel to treat low blood sugar.**
- If you skip a meal, skip the medication.
- Do not take if you have liver problems.
- Do not take in combination with sulfonylureas.
- Avoid alcohol.
- This medicine works quickly, allowing you to vary the time you eat.



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## Understanding Your Diabetes Medicines

**DRUG CLASS:** Sodium-Glucose Co-Transporter 2 (SGLT2)

### BRAND NAME

Invokana  
Farxiga  
Jardiance  
Steglatro

### GENERIC NAME

Canagliflozin  
Dapagliflozin  
Empagliflozin  
Ertugliflozin



### **HOW DOES IT WORK?**

It works by decreasing reabsorption of sugar by the kidneys and getting rid of sugar through your urine.

### **WHEN DO YOU TAKE THIS MEDICINE?**

Take once a day. Best to take before the first meal of the day.

### **POSSIBLE SIDE EFFECTS:**

- Yeast infections (male & female)
- Increased risk of bone fractures
- Frequent urination
- Dehydration
- Urinary tract infections



### **SPECIAL TIPS:**

- For people with type 2 diabetes. Not approved for use in people with type 1 or with increased ketones in their blood or urine.
- Not approved for use in children, nursing mothers or during pregnancy.
- Does not cause low blood sugar if taken alone. If taking another diabetes pill or insulin, this may increase risk of a low.
- Not recommended for people with severe kidney problems.
- May cause dehydration. This can lead to a drop in blood pressure that could cause dizziness or fainting.
- May affect the way other medicines work—especially if taking water pill, Rfampin, Phenytoin or Phenobarbital, Ritonavir, or Figoxin.
- High levels of sugar will be noted in urine during a physical such as for work.



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